

## **Hello Sunshine Sauna Area at Starry Skies 2020 - Guidelines**

We want you to relax, unwind and enjoy your sauna experience to the full, so please read and adhere to the following information. This is in the interest of your health and safety as well as that of other sauna area users:

**All children under 16 yrs of age must be accompanied by an adult (over 21 years old) in the sauna area at all times. Maximum of 2 x under 16s per adult**

**You must take a soapy shower before entering the sauna and plunge pool, washing off any heavy makeup and body lotions**

Please be aware that this is a relaxed and calm space to unwind in. Sauna area etiquette and health and safety advice must be followed and respected

People using the sauna area and all its facilities do so at their own risk. Please remember to use your discretion when using all the facilities in the area

Take care in the sauna area. Many areas in the spa can be slippery and uneven. Be careful when getting in and out of the sauna, plunge pool and showers. If you need any assistance, ask a member of staff

People under the influence of drugs or excess alcohol are asked not to use the sauna area and may be asked to leave if this becomes apparent. In this instance your booking will not be refunded

Any abusive behaviour towards staff or other sauna area users will not be tolerated and you will be asked to leave. In this instance your booking will not be refunded

Please do not bring alcohol into the sauna area

Please do not bring any valuables to the area as we cannot take responsibility for any damages or loss of property

Please be advised that we are NOT a nudity sauna

Please wear bathing costumes in the sauna and plunge pool, so no underwear or clothes

Please use a towel to sit on in the sauna

Only staff may check and top up the fire in the sauna

Be aware that metal jewellery/watches etc will get hot in the sauna. We recommend removing them before entering the sauna

Sauna users advised that each session should not exceed 8-10 mins without out a cool down

break. Try having a cold shower, or cool down slowly with a cold drink of water

Drink lots of water

Be aware that heat speeds up the effects of alcohol and can cause sleepiness, dizziness and unconsciousness

Using the sauna for too long may result in nausea and dizziness, so take breaks when necessary. Please get out straight away if you experience: nausea, dizziness, faintness, rapid pulse, irregular heartbeat, stomach pain or tingling in the hands or feet

When using the plunge pool, do not fully submerge your head in the water or let the water go in your mouth

No food allowed in the sauna or plunge pool

No soaps or oils are allowed in the plunge pool

Please no glass in the sauna area

If you pregnant, we advise you check with your healthcare provider before booking a session

Sauna users are advised not to use the sauna without first seeking medical advice if you have heart disease, diabetes, or any other serious illness, or if you suffer with migraines or any illness that causes inability to perspire

You should not use the spa if:

- You have a serious illness that may be triggered by heat
- You are taking medication for such a condition
- You have had diarrhea within the last 14 days
- You have a contagious disease, infectious condition, open sores or wounds
- If you are unsure if you should use the sauna, please contact your GP

We hope you enjoy your sauna experience!